



## Linguine with Ratatouille Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup thin- basil leaves
- 1.7 cups canned tomatoes thick canned crushed (one 15-ounce can)
- 0.5 pound eggplant cut into 1/2-inch dice
- 3 cloves garlic chopped
- 0.5 teaspoon fresh-ground pepper black
- 0.8 pound pasta
- 3 tablespoons olive oil
- 1 onion cut into thin slices

- 1 bell pepper green red cut into 1/2-inch dice
- 1.3 teaspoons salt
- 2 teaspoons red-wine vinegar
- 0.5 pound zucchini cut into 1/2-inch dice

## Equipment

- frying pan
- pot

## Directions

- In a large frying pan, heat the oil over moderate heat.
- Add the onion and bell pepper and cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- Add the eggplant, zucchini, garlic, salt, and black pepper. Reduce the heat to moderately low and cook, covered, for 15 minutes, stirring occasionally.
- Add the tomatoes and simmer, covered, stirring occasionally, until the vegetables are tender, about 10 minutes. Stir in the vinegar.
- In a large pot of boiling, salted water, cook the linguine until just done, about 12 minutes. Reserve about 1/2 cup of the pasta-cooking water.
- Drain the pasta and toss with the vegetables, the 1/2 cup basil, and, if the pasta seems too dry, some of the reserved pasta-cooking water.
- Serve topped with the 2 tablespoons basil.
- Wine Recommendation: The combined acidity of tomatoes and vinegar calls for a crisp, high-acid wine--one with enough earthiness to complement the vegetables. An unoaked chardonnay from northeastern Italy fills the bill.

## Nutrition Facts



**PROTEIN 11.97%** **FAT 22.67%** **CARBS 65.36%**

## Properties

Glycemic Index:73.5, Glycemic Load:29.18, Inflammation Score:-8, Nutrition Score:23.460434830707%

## Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg

## Nutrients (% of daily need)

Calories: 486.53kcal (24.33%), Fat: 12.47g (19.18%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 80.89g (26.96%), Net Carbohydrates: 72.86g (26.49%), Sugar: 12.04g (13.38%), Cholesterol: 0mg (0%), Sodium: 873.54mg (37.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.62%), Selenium: 55.12µg (78.74%), Manganese: 1.38mg (68.75%), Vitamin C: 47.88mg (58.04%), Fiber: 8.04g (32.15%), Vitamin K: 31.38µg (29.89%), Copper: 0.56mg (27.95%), Vitamin B6: 0.55mg (27.25%), Potassium: 877.56mg (25.07%), Phosphorus: 247.8mg (24.78%), Magnesium: 92.14mg (23.03%), Vitamin E: 3.25mg (21.65%), Vitamin B3: 3.52mg (17.61%), Iron: 3.15mg (17.5%), Folate: 64.85µg (16.21%), Vitamin B1: 0.24mg (15.68%), Zinc: 1.88mg (12.57%), Vitamin A: 613.68IU (12.27%), Vitamin B2: 0.2mg (11.69%), Vitamin B5: 1.01mg (10.08%), Calcium: 86.81mg (8.68%)